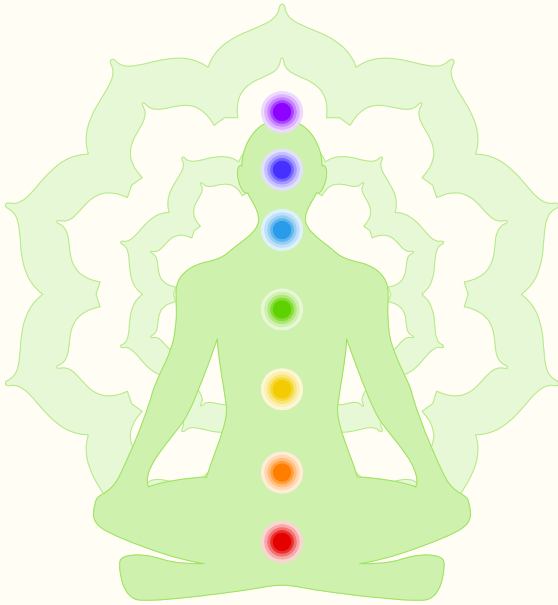


The Seven Major Chakras

Also found on www.ardath.com



The word **chakra** is a sanskrit word meaning wheel. It is a wheel-like spinning vortex that interpenetrates the physical body with the outer ends of each vortex forming a specific layer of the auric field. The whirling motion forms a cavity or vacuum in the center that draws in anything it encounters on its particular vibrational level. It is then processed and sent to the auric field.

The **major chakras** of the human body are the seven chakras that are aligned along the spinal cord.

Secondary chakras of importance are located in the palms of the hands, the soles of the feet, and at major joints in the arms and legs.

First Chakra

It is through the first chakra that energy from the earth enters the subtle energy system of the body, an where we would feel our connection with the earth on which we live. It gives us a connection with the life on the planet as a whole, that we are not separate little entities.

It is the seat of the Kundalini, the coiled up serpent waiting to spring. It controls the horizontal section of the body from just below the buttocks to a point just above the sexual organs; excretion and digestion of food.

We must balance this chakra before moving on to the others. Otherwise our growth will be without roots, i.e., ungrounded

Other names: Root, base muladhara, Kundalini (Sanskrit)

Situated: Base of the spine and the pubic bone (but encompasses genitals and reproductive organs)

Color: red, **Element:** Earth, **Area of consciousness:** physical body

Also our survival (as an individual and as a planet), our need for world peace and environmental balance.

Key Words: stability, solidarity, unity and form.

Physical organ association: gonads, also the glomus coccygeum or coccygeal body, adrenal gland, the kidneys and the spinal column.

Relationship: to the solid part of the body, especially the bones

Importance: location of the kundalini

Attributes: athletic, cares about survival, sensuality, pleasure and power

Governs: perception of the physical world, willpower, motivation and intent

Second Chakra

The second chakra is thought of "that which is itself, that which belongs to itself. It is primarily through this chakra that we experience the deep feelings associated with physical manifestation: sexual energy, which is also the seat of creativity and the place where we experience that childlike wonder and excitement of things around us. A sense of innocence and wonder (which we sometimes lose because of blockages put on this c. by taboos toward sexuality. Here we encounter change, for without change, we cannot grow.

Other Names: Sacral, sexual, svadhisthana (Sanskrit)

Situated: behind and just below the navel

Color: orange, **Element:** Water, **Area of consciousness:** emotional

Change in that we now moving beyond our understanding of ourselves and realize the awareness of others-desire arises and with it our emotions and sexuality.

Key Words: difference, separation, change, duality, and movement

Physical organ association: spleen (Peyer's Patches) as well as the kidneys and bladder

Relationship: corresponds to the liquid part of the body-circulation, urinary

Governs: feelings of sexuality and creativity

Third Chakra

The third chakra, located by the solar plexus, has control over the solar plexus ganglia which plays an important part in our relationship to the world and to people, places, and things; our ability to connect and belong and make long term intimate associations; the love of one's home or one's loved as well as feelings of contentment and trust are all associated with this chakra.. (That nervous feeling at the pit of our stomach when something big is bothering you or you feel frightened-or you feel anxiety for no reason at all-often hits here. -or the chakra just above it, which radiates it down to the solar plexus. But they are more steady in the solar plexus, a more dulled feeling-pain, anger, fear, joy.

Transformation to a new state occurs through this chakra's basic dynamic energy and our ability to find a balance between extremes.

Other Names: Solar Plexus, manipura (Sanskrit)

Situated: solar plexus, in the V formed by the ribcage, above the navel

Color: yellow

Element: Fire

Area of consciousness: mental or intellectual body This includes thoughts, opinions, and judgments.

Key Words: combustion, fire, energy, action, power, and will

Physical organ association: adrenal glands, pancreas, liver, stomach as well as the nervous system and the bladder.

Relationship: responsible for the regulation and distribution of metabolic energy

Governs: emotional issues and issues of personal power

Fourth Chakra

The fourth chakra, the heart chakra, controls the physical body from the area of the collar bone to a point about 2 fingers above the solar plexus. There is a psychological gap between the 3rd and 4th chakra, a crossing point. Here a person might begin to recognize that "self" is constantly changing as it adapts to a constantly shifting spectrum of possibilities in life. The heart chakra is associated with compassion, healing. Green is considered a healing color. Opening the heart chakra, allows a person to sense energy fields and atmospheres. You can also project energy to another person through this center. (My heart goes out to you-could be almost literal.) It is through the heart chakra and the "3rd eye" chakra that a person can project rays of energy out to another person. The thymus gland, an actual physical gland located just above the heart, has an effect on the body's immune system.

The heart center is the regulator of a person's emotional life. If it is blocked in any way, then emotions will be distorted. The task of this chakra is to integrate and balance the realms of spirit and mind with our physical body (matter).

Other Names: Heart, anahata (Sanskrit)

Situated: midway between shoulder blades (over the sternum)

Color: Green, **Element:** Air, **Area of consciousness:** astral body

This is the first level beyond 3-dimensional matter. Here we have the bridge between the dimensions of matter and the dimensions of spirit. Although we may refer to the "lower chakras" as being concerned with mankind, and the "upper chakras" as being concerned with spirituality and God, each chakra is no less important than the other. For instance, the first chakra has a number of frequencies (all with the Red vibration), ranging from very low to very high. The goal is to rise above a chakra's lower frequencies into its higher ones.

Key Words: love, compassion, balance

Physical organ association: thymus gland (immune system), and the heart, blood, circulatory system, immune system, and the endocrine system.

Relationship: to the heart: to love as a state of being

Governs: love, compassion, and unconditional acceptance of others

Fifth Chakra

Fifth chakra- the throat. It is associated with the element Akasa -relating to things ethereal. It controls the portion of the physical body from midpoint of the nose to the collar bones. Once activated, we become conscious of our mental body (lower chakras are associated with the physical, etheric and the astral bodies). By activating this chakra, the person becomes aware, for the first time, that the internal worlds are real worlds. In addition, the throat chakra controls a person's ability to express him or herself creatively and effectively and controls facial expressions and the non-verbal. It gives a person the confidence to say "no", to disagree in a reasoned way. Fear is transmuted so that one is not afraid to express himself fully in all situations.

Here we have the realm of consciousness where communication occurs, whether that be within ourselves or to and from another.

Other Names: Throat, visuddha (Sanskrit)

Situated: throat area, **Color:** blue, **Element:** Sound, **Area of consciousness:** etheric body - This etheric body is the template for the physical body, and represents our potential for perfection.

Key Words: sound, vibration, communication, and self-expression

Physical organ association: thyroid and parathyroid glands, lungs, vocal cords, and bronchial apparatus.

Relationship: the throat area where sound is created

Governs: communication, expression of thoughts and feelings

Sixth Chakra

6th chakra-the eye of wisdom. This chakra is sometimes identified with the pituitary gland, the master gland. This is the third eye. In this center, a person harmonizes the opposing energies, and balances the yin and yang. A person experiences himself in the fullness of the "I Am," the union of the selves.

The chakra has control over seeing, not only in the physical sense but in the mystical sense. Intuitive seeing, clairvoyance and other forms of knowing and the paranormal are part of this chakra. It controls all higher mental activities. Also, through the power of a person's mind, he can create new realities for himself on the physical plane. The person activating the th chakra would be concerned with things beyond earthly goals, which divert many people from fulfilling their Dharma.

The essence and function of this chakra is to "see" in the sense that we accept that complete vision will include both darkness and light.

Other Names: Third Eye, Brow, ajna (Sanskrit)

Situated: center of head, behind forehead, **Color:** Indigo, **Element:** Light, **Area of consciousness:** celestial body

It is here that we have "sixth sight," or the ability to "see" by way of clairvoyance. We use this chakra for visualization, receiving insight or inspiration.

Key Words: intuition, imagination and clairvoyance

Physical organ association: pineal (although some believe it is the pituitary gland)

Relationship: the storehouse and viewing screen of all visual input from our two physical eyes and our "third eye" (the etheric organ of psychic perception}.

Governs: spirituality and the search for meaning in life, intuition, visualization

Seventh Chakra

7th Chakra-at the crown or just above the crown. The merging of the self with the all. This chakra represents our belief systems, both conscious and unconscious.

Other names: Crown, sahasrara (Sanskrit)

Situated: top of head, **Color:** white (some believe violet), **Element:** Thought, **Area of Consciousness:** ketheric body

This chakra is associated with the spiritual realm. Here is where we merge with God, the All That Is.

Key Words: enlightenment, knowing and cosmic consciousness

Physical organ association: pituitary gland (although some believe it is the pineal gland)

Relationship: not of the material world bas as a gateway to worlds beyond

Governs: Our connection to the concept of "God" or a higher intelligence

Ref: David Fontana, "The Meditator's Handbook"
Keith Sherwood, "Chakra Therapy"
